



# Give yourself a healthy boost

## Take a convenient online class

### Yoga with Kimberly

**Date:** Wednesdays, October 6th thru December 29th | **Time:** 12:00 PM to 1:00 PM

**Join via computer or mobile device at:**

[https://teams.microsoft.com/join/19%3ameeting\\_ZWRmYTQ0MzYtNTk1OC00OTk5LWI3OWItZDE3MTIyODRINmJk%40thread.v2/0?context=%7b%22Tid%22%3a%223f8a7bc4-e337-47a5-a0fc-0d512c0e05f1%22%2c%22Oid%22%3a%22fd80e0bf-e2c4-407e-8b7d-ada0f0e0de18%22%7d](https://teams.microsoft.com/join/19%3ameeting_ZWRmYTQ0MzYtNTk1OC00OTk5LWI3OWItZDE3MTIyODRINmJk%40thread.v2/0?context=%7b%22Tid%22%3a%223f8a7bc4-e337-47a5-a0fc-0d512c0e05f1%22%2c%22Oid%22%3a%22fd80e0bf-e2c4-407e-8b7d-ada0f0e0de18%22%7d)

Join Kaiser Permanente fitness instructor, Kimberly Hamilton, as she leads you through movement to improve strength and flexibility.

No registration required

For questions, contact: [employee wellness@fultoncountygga.gov](mailto:employee wellness@fultoncountygga.gov)

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